

# HYDRATION

Getting the right amount of water before, during, & after exercise is critical for training performance and overall wellness. If you are not hydrated, you can't perform at your full potential!

## Fluid Replacement Chart



### General

### Recommendation:

*1/2 of bodyweight  
in ounces*

### Example:

*200 pounds  
(100 ounces)*

### BEFORE

**Why?** To ensure body is at equilibrium to handle the upcoming demands of daily activity and training.

**How Much?** 17-20 oz 1-2 hours before and 7-10 oz right before.

### DURING

**Why?** Prevent dehydration

**How Much?** Large sips every 10 to 15 minutes

### AFTER

**Why?** Replenish all lost fluids

**How Much?** 16 to 22 ounces per pound of lost bodyweight

### Benefits of Hydration

- Maintain body temp.
- Lubricate joints
- Regulate homeostasis
- Medium for nutrients

### Consequences of Dehydration

- Head aches
- Muscle cramps
- Muscle Spasms
- Decreased performance

**Hydration  
Blog!**

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Here!**

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